

Abstract of the Disclosure

Provided is a fixing device and a fixing method, and an image forming apparatus using the fixing device, in which at least heat is applied to an unfixed toner image formed on a recording material to soften or melt toner of the unfixed toner image into a state of being able to be deformed by an external force, and while maintained in the state of being able to be deformed by the external force, the toner is pressed in a nonheating manner to be flowed. Accordingly, device structure can be simplified to be free of wasteful energy consumption, an image of image quality excellent in transparency of a toner image and in OHP permeability as well as of high glossiness which is free from gloss nonuniformity can be obtained while preventing curling of a recording material.